

**GOAL 1: To increase the fruit and vegetable intake of South City low-income residents to at least 5 – 9 servings a day.**

**OBJECTIVE 1: Process:** By September 30, 200\_, a minimum of 200 low-income residents of South City will participate in nutrition education classes at South City health clinics.

**or Impact:**

**SOCIAL ECOLOGICAL MODEL:** ☒ Individual ☐ Interpersonal: Social/Groups ☐ Institutional/Organizational ☐ Community ☐ Policy/Environmental

**TARGET AUDIENCE: RACE/ETHNICITIES** 40% LATINO, 40% WHITE, 10% AFRICAN AMERICAN , 5 % AAPI, 5% OTHER **AGE(S)** 18 – 55 YEARS

**185% FPL DATA SOURCE: 2000 Census Data**

ACTIVITIES	WHO IS Performing Activity (See Legend)	EVALUATION	TIMEFRAME (Month/Year)
1. Review and modify nutrition education materials for classes to ensure they are culturally appropriate. Revise pre/post tests for class participants. Revise data collection/analysis forms.	RD, CHW	File of class nutrition materials	10/2004 – 11/2004
2. Schedule classes at clinic sites. Classes will be held at Stoneman, Lake and Vista clinics.	CHW	Class schedules	12/2004
3. Publicize classes through neighborhood organizations, Laundromats, and radio.	CHW	Flyers, radio scripts	12/2004 – 3/2005
4. Conduct classes at clinic sites. Classes are conducted in English, are approximately 30 minutes in length, with 6 classes in a series. There will be 4 series throughout the year. Classes are interactive, hands-on, and include information on shopping, preparing easy, nutritious foods, food safety, and other topics requested by the participants.	RD, CHW	Sign in sheets, Lesson plans	1/2005 – 6/2005
5. Conduct participant satisfaction surveys. Compile survey results.	CHW, RD	Survey Results	6/2005
<b>Legend: RD = Registered Dietitian; CHW = Community Health Worker</b>			